

## Consuming Thoughts

by

**Fay Strickler**

Penn State Extension  
Home Economist for  
Berks Co.



Far too many of us have an unreasonable fear of a perfectly harmless vegetable — the potato. We pass up 100 calories worth of potato for a second helping of steak. A smart consumer learns to enjoy America's favorite vegetable year-round and serves it in versatile dishes at breakfast, lunch, dinner, and snacks.

The potato, of course is a good deal more than starch. Besides being an appetite appeaser, the potato is a low-fat, high-nutrition vegetable that contributes only 80 calories to your dinner plate, a good deal less than most of the foods that might take its place) and 30 percent of your vitamin C requirement. (Another lamb chop or second helping of roast beef

could cost you 300 calories or more. Even your salad dressing is probably higher in calories than the potato).

If potatoes are so harmless, why the pound-provoking image? One reason, of course, is that potatoes are seldom seen except in the company of high calorie-high fat companions butter, sour cream, rich sauces, and gravies, shredded cheese, or crumbled bacon. Like a lot of their perfectly good foods, potatoes are the victim of guilt by association.

So, how do you keep a potato virtuous? Become a creative low-calorie cook and strip away the unneeded extra calories in the most popular potato dishes. There are lots of good companions you can provide for everybody's favorite vegetable, sinfully rich-tasting toppings and sauces that only seem fattening.

Here are just a few examples of low-calorie potato companions: Mock sour cream non-dairy flakes, averaging 25 calories a tablespoon. Choose low-fat sour dressing, with only a few calories a tablespoon.

Heart-smart dieters, take note: Most "vegetable oil" sour cream substitutes are made with highly saturated coconut oil and should

be avoided by the cholesterol wary.

Plain yogurt only eight calories a tablespoon, with a taste and texture similar to sour cream. Try it mixed with parsley or chives.

Low-fat cottage cheese about 15 calories a tablespoon. Tangy style small curd cottage cheese has a flavor similar to sour cream. "Whipped" cottage cheese is also available.

Homemade "sour cream" prepared by whipping equal parts cottage cheese and buttermilk in your blender has about 10 calories a tablespoon.

Diet margarine has 50 calories a tablespoon instead of 100 for ordinary margarine or butter. (Note that regular margarine and butter have the same caloric count). One teaspoon (16 calories) is enough.

Diet salad dressing pick blue cheese, cream Caesar, French, or any flavor. Most are 10 to 24 calories a tablespoon.

Imitation bacon bits smoky-flavored soy protein chips at only 7 or 8 calories a teaspoon, a fraction of the calories for real bacon.

Low-calorie cream sauce made by stirring 1 cup skim milk gradually into 2 tablespoons flour. Cook over low heat until thickened. Season it with onion flakes, butter-flavored salt, and pinch of cayenne. Nine calories a tablespoon.

Many of us were probably brought up with the potato as the centerpiece of our daily diet. Then, in recent years, some peo-

ple got the idea that the spud was responsible for the extra bulges and therefore not worth a second glance in the supermarket.

## FAIRS, CARNIVALS, OUTDOOR SHOWS

Let Me Be Your Drawing Card at Your Next Outdoor Event!

Gregory Badger  
(610) 584-8265

Air Calliope  
Musical Instrument



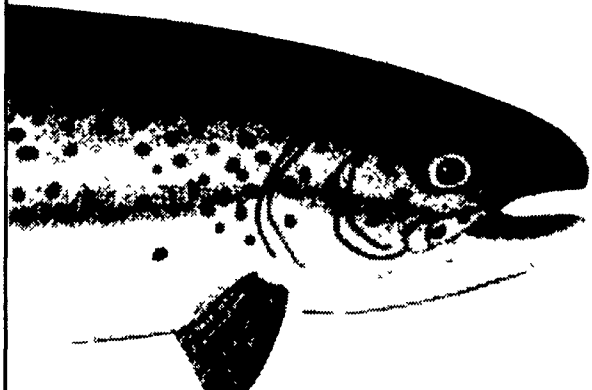
CLOSED SUNDAYS, NEW YEAR,  
EASTER MONDAY, ASCENSION DAY,  
WHIT MONDAY, OCT. 11, THANKSGIVING,  
CHRISTMAS & DECEMBER 26TH

## FISHER FURNITURE

NEW AND USED FURNITURE  
Antique & Collectables

BUS. HRS. MON.-THURS. 8-5 FRI., 8-8, SAT. 8-12 BOX 57 1129 GEORGETOWN RD. BART, PA 17503

## Streams and Lakes



## LOST STREAM MAP

The STREAM MAP OF PENNSYLVANIA was completed in 1965 after a thirty-year effort by Howard Higbee, a former Penn State Professor.

The map is known as the LOST STREAM MAP to some anglers.

Professor Higbee succeeded in creating a map of the highest detail possible... a map that shows every stream and lake. He painstakingly plotted by hand the location of 45,000 miles of streams onto a 3 by 5 foot map.

The map sold extremely well—until it was lost several years later. Incredibly, the printer entrusted with the original drawing and printing plates declared bankruptcy, then carelessly hauled Higbee's 30 years of work to a landfill.

The few remaining dog-eared copies became a prized fisherman's possession. Professor Higbee was offered \$400 for one of his last maps. And state agencies were forced to keep their copies under lock and key.

Experts told Professor Higbee that reprints were impossible, because the maps were printed in non-photographic blue.

Then, in 1991, at the age of 91, Howard Higbee's dream came true. Computers made it possible to reprint the map. Howard said, "I never thought I'd live to see this day."

# Stream MAPS

of Pennsylvania, New York, New England, New Jersey, Ohio, & Maryland/Delaware

## Why every angler and boater needs these maps

It is estimated that 10% of all the anglers catch 90% of the fish. Regardless of which group you fall into...there's a sure way to up your odds...simply try new fishing waters. Now, with this map you can find hidden streams and lakes.

Pennsylvania, New York, New England, New Jersey, Ohio and Maryland/Delaware are loaded with great fishing holes...many of them overlooked. Thousands of miles of streams, rivers and lakes are now easy-to-locate on one map.

The 3-foot-by-5-foot Pennsylvania map shows 45,000 miles of streams plus lakes.

The 3 1/2-foot-by-4 1/2-foot New York map shows 65,000 miles of streams plus lakes. The 3-foot-by-4-foot New England map shows 36,000 miles of streams plus lakes. The 2 1/2-foot-by-3-foot New Jersey map shows 8,300 miles of streams plus lakes. The 3-foot-by-3-foot Ohio Map shows 29,000 miles of streams plus lakes. The 2-foot-by-3 1/2-foot Maryland/Delaware map shows 12,000 miles of streams plus lakes.

Professor Higbee's Stream Maps are the first and only highly detailed maps of their kind.

## RAVE REVIEWS

"It is amazingly detailed and names some creeks in the Mohawk Valley that can't even be found on topographic maps."

—John Pitarres, OBSERVER-DISPATCH, Utica

"If you're looking for the most definitive maps ever created depicting every single creek, river, stream, pond and lake...then 'Professor Higbee's Stream Maps' are without question the finest."

—Howard Brant, THE NEWARK STAR-LEDGER

"It is in showing where to find out-of-the-way trout streams that makes the map such a treasure to the fisherman."

—Joe Gordon, TRIBUNE-DEMOCRAT, Johnstown

## FREE GUIDEBOOK WITH ALL MAPS

Pinpoint the best fishing in PA, NY, NE, NJ, OH & MD/DE with this valuable guide. Easily locate streams and lakes shown on the Stream Map both alphabetically and geographically. Your map and guidebook will take you to the select fishing waters.

## ORDER YOUR COLOR STREAM MAPS

Available rolled or folded ALSO AVAILABLE in heavy gauge LIFETIME GUARANTEED, glass-like clear-lamination, write-on wipe-off surface, with brass eyelets for easy hanging PRIORITY MAIL INCLUDED

State Stream Map	ROLLED	FOLDED	LAMINATED
PA 3 FT x 5 FT	\$25.95ea.	\$25.95ea.	\$45.95ea.
NY 3.5 FT x 4.5 FT	\$25.95ea.	\$25.95ea.	\$45.95ea.
NE 3 FT x 4 FT	\$25.95ea.	\$25.95ea.	\$45.95ea.
NJ 2.5 FT x 3 FT	\$25.95ea.	\$25.95ea.	\$45.95ea.
OH 3 FT x 3 FT	\$25.95ea.	\$25.95ea.	\$45.95ea.
MD/DE 2 FT x 3.5 FT	\$25.95ea.	\$25.95ea.	\$45.95ea.

Check or money order enclosed \$

EACH ROLLED AND LAMINATED MAP SHIPPED IN A STURDY STORAGE TUBE

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
MAIL TO **LANCASTER FARMING**  
Dept. Map  
1 East Main St., P.O. Box 609, Ephrata, PA 17522  
Payable:  Check Enclosed  Visa  Mastercard  Discover  
Card # \_\_\_\_\_  
Exp. Date \_\_\_\_\_ Signature \_\_\_\_\_

## GOT WOOD? WE HAVE THE FURNACE!

- All stainless steel construction
- Uses present central duct or Hydronic system
- Heats home/household hot water
- Shaker Grates

Hardy has been heating homes in N.Y. and PA. since 1982

100,000-250,000 btus

**WILLIAMSON ENTERPRISES**

601/656-2639  
877/606-3113

\*10 Year Warranty

## Light Up Your Home With A Tubular Skylight

### Natural Light

- Bright, pure, healthy light
- Little or no heat gain or loss
- Fits all roof types
- 10", 13", 18" equals up to 1,000 watts of light
- 25 year warranty

Have us install or ask for the Do-it-Yourself Kit. Can be shipped UPS

265 E. Meadow Valley Rd., Lititz, PA 17543  
717-733-7160 • 717-627-6886  
1-800-247-2107

Financing Available